



# Fall/Winter 2006-2007



Merrillville Parks & Recreation



## Our Mission

"Strive to enhance the quality of life of Merrillville citizens by expanding availability of leisure and recreational services, while promoting a clean and healthy environment."

## Our Staff

Terri Monroe Weems  
Peggy Nauyokas  
Caryn Wilson

Director  
Recreation Supervisor  
Secretary

## Park Committee

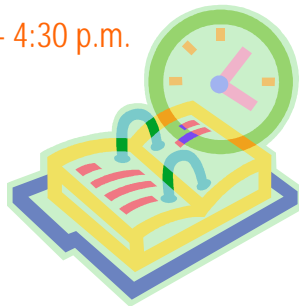
Lance Huish, Chair  
Joe Shudick Jr.  
Ron Widing

## Hours of Operation

Monday – Friday 8:30 a.m.– 4:30 p.m.

## Closures

Monday, October 9, 2006  
Friday, November 10, 2006  
Thursday, November 23, 2006  
Friday, November 24, 2006  
Monday, December 25, 2006  
Monday, January 1, 2007  
Monday, January 15, 2007  
Monday, February 19, 2007  
Friday, April 6, 2007



## Information

### Employment

Merrillville Parks and Recreation is always looking for program instructors. If you have a program idea that you might be able to instruct, please contact us.

**The Merrillville Parks & Recreation Department reserves the right to change information listed in this brochure at any time without any prior notice.**

## Register Early



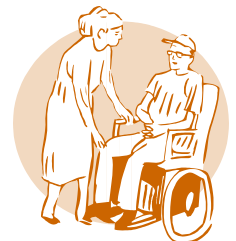
Often times participants will wait until the last minute to register for a program. This may mean that the program has already been cancelled due to low enrollment. To ensure you have a spot and help to keep our programs running, register early. **All classes require registration one week before class starts.** Decision to cancel a class will be made one week prior to the start of the class.

Please read the  
Refund Policy  
before you register.

## Cooperative Special Recreational Initiative

CSRI is a cooperative venture seeking ways to increase recreational opportunities for individuals of all ages who have varying degrees of physical, mental and learning disabilities as well as emotional difficulties, hearing or visual impairment and developmental delays. Merrillville Parks and Recreation is proud to be a part of CSRI along with the following agencies:

- Community Hospital
- Crown Point Parks and Recreation
- Dyer Parks and Recreation
- Highland Parks and Recreation
- Lake County Parks
- Munster Parks and Recreation
- Schererville Parks and Recreation
- St. John Parks and Recreation



## Upcoming CSRI events:

**CSRI Halloween Party** - October 28, 2006, 6:00 p.m. to 8:00 p.m. Cost: \$2 per person Location: Stephen Park (7600 Lincolnwood Avenue) Hosted by Schererville Parks for more information call (219) 865-5530.

**CSRI Holiday Dance** – December 2, 2006, 5:30 p.m. to 7:30 p.m. Cost: \$2 per person Location: Hidden Lake Park Social Center. Hosted by Merrillville Parks. Pre-registration is required. Call (219) 980-5911.

**CSRI Festival of Lights** – December 6, 2006, 6:00 p.m. to 7:30 p.m. Cost: **FREE** Location: Prairie West Park. Hosted by St. John Parks. Pre-registration is required. Call (219) 365-6236.

# Park Information

## Hall Rental

Looking for a location for a Baby Shower or Birthday Party? Check out our hall! The hall is rented in 3 hour increments and has a maximum capacity of 60 people.



Hall Rental Fees	(3 hours)	60 guests max
Resident Rate*		\$75.00
Non-Resident		\$95.00
Security Deposit (refundable)		\$75.00
Non -Profit Organizations*		\$50.00
Security Officer per hour		\$25.00
Additional Time per hour		\$20.00

\*Must provide proof of residency and non-profit status.

## Gazebo Rental

Rent our gazebo by itself or with the hall. Please call the Parks and Recreation Department office at 980-5911 or go to [www.townofmerrillville.com](http://www.townofmerrillville.com) for more information.



Resident Rate	\$25.00 per hour
With Rental of Hall	\$10.00
Non-Resident Rate	\$35.00 per hour
With Rental of Hall	\$20.00
Security Deposit (refundable)	\$75.00
Security Officer	\$25.00 per hour

## Reservations

If you are interested in reserving one of our parks, visit the parks office and fill out a request form. No fee is required to reserve a park. Depending on activity, a security officer may be required. For more information, please call the Parks and Recreation Department at 980-5911 or go to [www.townofmerrillville.com](http://www.townofmerrillville.com).

Have a question or comment for the Parks & Recreation Department...have you visited one of our facilities and found something that was unsafe or broken? Please let us know by calling 219.980.5911. Please leave a message with the secretary or on the answering machine (please speak SLOWLY, and give us your name, telephone number and message). You can also email us at:

[park-rec@townofmerrillville.com](mailto:park-rec@townofmerrillville.com)

## PARKS

1. Barclay Village.....61st & Polk Street
  2. Crescent Lake.....74th Ct. & Morton Street
  3. Devonshire.....65th Lane & Harrison Street
  4. Forrest Hills.....78 Indian Trail
  5. Hendricks.....80th Lane
  6. Heroes Park (Our Lady of Consolation).....8303 Taft Street
  7. Jennings.....80th Place & Jennings Place
  8. Kurtis Park.....9 1/2 Meadow Lane
  9. Lincoln Terrace.....78th & Hendricks
  10. Meadowdale.....1030 West 54th Avenue
  11. Meadowland .....54th & Madison Street
  12. Pruzin Community Center.....5750 Tyler Place
  13. Rosenbalm.....73rd & Chase Street
  14. Savannah Ridge.....74th Place & Johnson
  15. Southbrook.....75th & Hendricks
  16. John A. Stefek.....70th Place & Harrison
  17. Wirtes.....5860 Roosevelt
  18. Joseph Petruch Sr.....West 63rd Avenue
  19. Meadowland Estates.....54th & 53rd Court
- Trail: Erie Lackawanna .....93rd Avenue to U.S. 30



## Park Rules

1. Pets must be on a leash in town parks.
2. Please clean up after your pets.
3. Motorized vehicles are prohibited in parks except in designated parking areas.
4. No alcohol is permitted.
5. Golfing is not permitted in parks.
6. No littering or dumping of household garbage or yard waste.
7. All town ordinances will be strictly enforced.
8. All parks are open from dawn to dusk except when authorized differently by the Parks and Recreation Department.
9. Please dispose of debris in the trash receptacles.



Merrillville Parks & Recreation

5750 Tyler Place  
Merrillville, IN 46410  
219.980.5911 219.980.0928 Fax  
[www.townofmerrillville.com](http://www.townofmerrillville.com)



# Youth Programs *Look New Times*

## Tumblebears Gymnastics

### Ages: Parent & Tot

Parents join young tumblers as they learn basic gymnastic skills in vault, bars, beam, air trak, and tumbling. They will experience forward and backward rolls, simplified cartwheels and handstands. Age appropriate activities include gross motor, balance, movement to music and hand/eye coordination. Parental assistance is required. Students are to wear comfortable clothing (NO JEANS) and gym shoes. Five student minimum. Registration Deadlines: 2006: 10/04, 11/01, 11/29; 2007: 01/03, 01/31, 2/28, 3/28, 04/25



Fee						
Code	R/NR	Starts	Days	Time	Duration	
3-200-7	\$35/\$40	10/11	Wed.	5:50-6:25 p.m.	4 Weeks	
3-200-8	\$35/\$40	11/08	Wed.	5:50-6:25 p.m.	4 Weeks	
3-200-9	\$35/\$40	12/06	Wed.	5:50-6:25 p.m.	4 Weeks	
3-200-10	\$35/\$40	01/10	Wed.	5:50-6:25 p.m.	4 Weeks	
3-200-11	\$35/\$40	02/07	Wed.	5:50-6:25 p.m.	4 Weeks	
3-200-12	\$35/\$40	03/07	Wed.	5:50-6:25 p.m.	4 Weeks	
3-200-13	\$35/\$40	04/04	Wed.	5:50-6:25 p.m.	4 Weeks	
3-200-14	\$35/\$40	05/02	Wed.	5:50-6:25 p.m.	4 Weeks	

### Ages: 3 Years - 5 Years

This is a full gymnastic program for children ages 3-5. Balance beam, horizontal bar, vault, air trak, air mat and tumbling are experienced within these classes. Coordination, body awareness and self-confidence are developed within this progressive program. As each skill is learned, new challenges are added so students continue to learn at their own pace. Students are to wear comfortable clothing (NO JEANS) and gym shoes. Five student minimum. Registration Deadlines: 2006: 10/04, 11/01, 11/29; 2007: 01/03, 01/31, 02/28, 03/28, 04/25

Fee						
Code	R/NR	Starts	Days	Time	Duration	
3-201-7	\$35/\$40	10/11	Wed.	5:15-5:50 p.m.	4 Weeks	
3-201-8	\$35/\$40	11/08	Wed.	5:15-5:50 p.m.	4 Weeks	
3-201-9	\$35/\$40	12/06	Wed.	5:15-5:50 p.m.	4 Weeks	
3-201-10	\$35/\$40	01/10	Wed.	5:15-5:50 p.m.	4 Weeks	
3-201-11	\$35/\$40	02/07	Wed.	5:15-5:50 p.m.	4 Weeks	
3-201-12	\$35/\$40	03/07	Wed.	5:15-5:50 p.m.	4 Weeks	
3-201-13	\$35/\$40	04/02	Wed.	5:15-5:50 p.m.	4 Weeks	
3-201-14	\$35/\$40	05/02	Wed.	5:15-5:50 p.m.	4 Weeks	

**ALL CLASSES REQUIRE  
REGISTRATION 1 WEEK  
BEFORE CLASS STARTS**

### Ages: 5 Years & Up

Come join the fun as we celebrate the fall with a gymnastic jubilee! Our students adventure into the world of gymnastics. The opportunity to explore the wonderful world of learning and growing through developing gymnastic skills. The fun of achieving new skills & setting new goals in their growth cycle. Gymnastics is a real fun environment that fosters a dedication of learning not only to gymnastics but to life. Students are to wear comfortable clothing (NO JEANS) and gym shoes. Five student minimum. Registration Deadlines: 2006: 10/04, 11/01, 11/29; 2007: 01/03, 01/31, 2/28, 3/28, 04/25



Fee						
Code	R/NR	Starts	Days	Time	Duration	
3-202-7	\$35/\$40	10/11	Wed.	4:30-5:15 p.m.	4 Weeks	
3-202-8	\$35/\$40	11/08	Wed.	4:30-5:15 p.m.	4 Weeks	
3-202-9	\$35/\$40	12/06	Wed.	4:30-5:15 p.m.	4 Weeks	
3-202-10	\$35/\$40	01/10	Wed.	4:30-5:15 p.m.	4 Weeks	
3-202-11	\$35/\$40	02/07	Wed.	4:30-5:15 p.m.	4 Weeks	
3-202-12	\$35/\$40	03/07	Wed.	4:30-5:15 p.m.	4 Weeks	
3-202-13	\$35/\$40	04/04	Wed.	4:30-5:15 p.m.	4 Weeks	
3-202-14	\$35/\$40	05/02	Wed.	4:30-5:15 p.m.	4 Weeks	

## Story Time Fun

### Ages: 3 - 5 Years

The goals of this program are to develop early literacy skills and to nurture parent/child relationships. Through the Story Time Program, children are introduced to the joy of books and reading during the most influential time of their language development. Parents become actively involved in their child's education from the very beginning as they participate with their special child. Each week, children will receive a book of the day to take home along with a related craft. Finger plays and songs will also be incorporated. Parent/caregiver participation is required. Registration Deadlines: 2006: 09/29, 11/09



Fee						
Code	R/NR	Starts	Days	Time	Duration	
3-212-1	\$25/\$35	10/06	Fri.	10:00-11:00 a.m.	5 Weeks	
3-212-2	\$25/\$35	11/17	Fri.	10:00-11:00 a.m.	5 Weeks	

**R = Resident  
NR = Non-Resident**

## Ballet/Tap Combined Class

Ages: 3 Years - 5 Years  
Beginning Students



During a one hour class your child will learn ballet and tap. Ballet inspires elegance and grace, it encourages effort, requires concentration, thought, feeling and emotion. The benefits of ballet are endless. Tap will encourage basic rhythm with their feet and also encourages concentration. Registration Deadlines: 2006: 10/27; 2007: 01/05, 02/16, 04/06, 05/18

Fee						
Code	R/NR	Starts	Days	Time	Duration	
3-100-4	\$40/\$45	11/04	Sat.	10:00-11:00 a.m.	6 Weeks	
(No Class 11/25)						
3-100-5	\$40/\$45	01/13	Sat.	10:00-11:00 a.m.	6 Weeks	
3-100-6	\$40/\$45	02/24	Sat.	10:00-11:00 a.m.	6 Weeks	
3-100-7	\$40/\$45	04/14	Sat.	10:00-11:00 a.m.	6 Weeks	
3-100-8	\$40/\$45	05/26	Sat.	10:00-11:00 a.m.	6 Weeks	

Ages: 3 Years - 5 Years  
Returning Students



Learn advanced steps in ballet and tap. This class is designed for students who have previously taken classes at the facility. Registration Deadlines: 2006: 10/27; 2007: 01/05, 02/16, 04/06, 05/18

Fee						
Code	R/NR	Starts	Days	Time	Duration	
3-101-4	\$40/\$45	11/04	Sat.	9:00-10:00 a.m.	6 Weeks	
(No Class on 11/25)						
3-101-5	\$40/\$45	01/13	Sat.	9:00-10:00 a.m.	6 Weeks	
3-101-6	\$40/\$45	02/24	Sat.	9:00-10:00 a.m.	6 Weeks	
3-101-7	\$40/\$45	04/14	Sat.	9:00-10:00 a.m.	6 Weeks	
3-101-8	\$40/\$45	05/26	Sat.	9:00-10:00 a.m.	6 Weeks	

Ages: 7 Years & Up



Class is designed for all skill levels at this age group. Learn ballet and tap during a one hour class. Registration Deadlines: 2006: 09/15, 10/27; 2007: 01/05, 02/16, 04/06, 05/18



Fee						
Code	R/NR	Starts	Days	Time	Duration	
3-102-4	\$40/\$45	11/04	Sat.	11:00-12:00 p.m.	6 Weeks	
(No Class on 11/25)						
3-102-5	\$40/\$45	01/13	Sat.	11:00-12:00 p.m.	6 Weeks	
3-102-6	\$40/\$45	02/24	Sat.	11:00-12:00 p.m.	6 Weeks	
3-102-7	\$40/\$45	04/14	Sat.	11:00-12:00 p.m.	6 Weeks	
3-102-8	\$40/\$45	05/26	Sat.	11:00-12:00 p.m.	6 Weeks	

## Tri'une Dance Class

Ages: 8 Years - 11 Years  
Ages: 12 & Up



Learn hip hop, modern, jazz, and liturgical. Hip hop is high energy street movement, it emphasizes body movement and rhythm and is one of today's most popular forms of dance, particularly among teenagers. Liturgical dance is a way of connecting your mind, body, and spirit while using different movements. Modern uses every type of movement that the human body is capable of making to express the look, feel and emotion to communicate with an audience. Please call the instructor for more information or to register at 714-7605 or email at [triunefitness@comcast.net](mailto:triunefitness@comcast.net)



Ages: 3 1/2 - 5 Years

Young Rembrandt instructors will concentrate on the skills of drawing and coloring, but also work on developing fine motor skills, focus, listening, staying on task and patience. Each week participants will draw something preschoolers are interested in, from fish, to teddy bears, rainbows to cowboys. Registration Deadlines: 2006: 09/27, 11/14.

Fee						
Code	R/NR	Starts	Days	Time	Duration	
3-210-1	\$35/\$45	10/03	Tues.	10:30-11:15 a.m.	5 Weeks	
(No Class 10/31/2006 & 11/07/2006)						
3-210-2	\$35/\$45	11/21	Tues.	10:30-11:15 a.m.	5 Weeks	



Ages 5-13

Let's get ready to draw amazing things together! Young Rembrandts' innovative, step by step drawing method can teach any child how to draw regardless of artistic ability, giving them skills to express their creativity that will last a lifetime. We provide all materials and brand new subject matter every week, ranging from animals, landscapes, still life's, even art history and cartoon drawing. Our philosophy is to give children a very positive, nurturing environment, as we teach fundamental drawing techniques. Each child will experience increased ability, self-confidence and self-esteem. Registration Deadlines: 2006: 09/27, 11/14.

Fee						
Code	R/NR	Starts	Days	Time	Duration	
3-211-1	\$35/\$45	10/03	Tues.	4:30-5:30 pm	5 Weeks	
(No Class 10/31/2006 & 11/07/2006)						
3-211-2	\$35/\$45	11/21	Tues.	4:30-5:30 pm	5 Weeks	



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## Stuff & Fluff Workshop

### All Ages

We have invited Noah's Ark Workshop (Stuff & Fluff) to lead a workshop at the Pruzin Community Center. Children and adults of all ages will enjoy the opportunity to make their own stuffed animal (& a lifetime of memories). First you will choose an "unstuffed" collectible cuddly friend, hand stuff it yourself, wish upon a rainbow star and insert your wish into your animal and zip it closed. You will then name your animal and complete your customized birth certificate. Your animal would not be complete without clothes. Choose an adorable outfit to dress your animal. Don't forget to color and decorate your new cuddly friend's "take home bag". Outfits sold separately. Registration Deadlines: 2006: 12/07 2007: 04/05



Fee						
Code	R/NR	Starts	Days	Time	Duration	
3-214-1	\$20/\$23	12/14	Thurs.	6:30-7:30 p.m.	1 Workshop	
3-214-2	\$20/\$23	04/12	Thurs.	6:30-7:30 p.m.	1 Workshop	

## Letters from Santa

### All Ages

This year we are assisting Santa and his elves at the North Pole with the delivery of letters from Santa. If there is someone you know that would enjoy receiving a letter from Santa this year, simply fill out the form and submit with payment by December 11, 2006. Santa's Hint sheets and forms will be available at Park's office and online starting November 6, 2006. For additional information contact the Park office (219) 980-5911.



Fee						
Code	R/NR	Starts	Days	Time	Duration	
3-213-1	\$4/\$6	11/1-12/11			41 Days	

## Santa's Workshop

### All Ages



Have fun and be creative as you and your family build miniature gingerbread houses. All tools and supplies will be provided. After completing your project, we will show a Christmas movie. Special guest appearance by SANTA! Parent/caregiver participation required. Registration Deadline: 12/08

Fee						
Code	R/NR	Starts	Days	Time	Duration	
3-504-1	\$6/\$8	12/16	Sat.	1:00-3:00 p.m.	1 Workshop	

## Christmas Costume Pet Photo Contest

We will be hosting our First Annual Christmas costume contest for pets. Prizes will be awarded for the best pet/owner theme, most unique costume and the most festive. Each 5x7 picture needs the pets name, owners name, phone number and address on the back of each picture. Deadline to turn in pictures is **December 15, 2006**.

Fee						
Code	R/NR	Starts	Days	Time	Duration	
2-505-1	\$5/\$8	11/01-12/15			45 Days	



## Merrillville Boys & Girls Club

Boys and Girls Clubs of Northwest Indiana inspires and empowers all young people to realize their full potential as productive, responsible, and caring individuals. This program began September 12, 2005. The Merrillville Parks and Recreation Department's vision is to build a Club for all Merrillville students. Open registration - MIS students only. Register at Merrillville Intermediate School (MIS).

*The Positive Place For Kids*



The girls from Merrillville Boys & Girls Club performed at IUN in a Sigma Gamma Rho Talent Search Contest and received **FIRST Place!**



Merrillville Boys & Girls Club members take a break to have a picture taken with their Quaker Granola Bars. This was a recent promotion they received regarding healthy eating.



# Adult/Senior Programs

## Ballroom Dancing

Learn to dance like the stars! One type of ballroom dancing will be taught per six weeks. Dance styles include Cha Cha, Rumba, Tango, Fox Trot, Swing and the Waltz. Students will have the opportunity to go on a dance outing to a local ballroom and practice what was learned. Registration Deadline: 10/25.



Fee						
Code	R/NR	Starts	Days	Time	Duration	
3-300-2	\$50/\$50	11/01	Wed.	7:00-8:30 p.m.	6 Weeks	

Look for additional dates after the 1st of the year!

## Chicago Style Steppin'



Urban style ballroom dancing with intricate spins and turns to an eight count beat. Please wear leather soled shoes. Registration Deadlines: 2006: 11/06 2007: 01/16, 03/12, 04/30

Fee						
Code	R/NR	Starts	Days	Time	Duration	
3-303-2	\$45/\$50	11/13	Mon.	6:30-8:30 pm	6 Weeks	
3-303-3	\$45/\$50	01/22	Mon.	6:30-8:30 pm	6 Weeks	
3-303-4	\$45/\$50	03/19	Mon.	6:30-8:30 pm	6 Weeks	
3-303-5	\$45/\$50	05/07	Mon.	6:30-8:30 pm	6 Weeks	

## Aerobics

### Ages: 50 + Years

Looking for a great way to stay in shape? Are you a Merrillville resident 50 or older? Work out at your own pace and meet new people.



Fee						
Code	R	Starts	Days	Time	Duration	
3-400-1	FREE	On Going	Tues.	9:30-10:30 am	Sept.-May	

## Blood Pressure Checks



Adarna Healthcare



Stop in between 9:30 a.m. and 10:30 a.m. to have your blood pressure checked. This is offered on the second Tuesday of each month. We will maintain records for each participant. Sponsored by Adarna

Healthcare.

Fee						
Code	R/NR	Starts	Days	Time	Duration	
3-307-1	FREE	10/10	Tues.	9:30-10:30 am	Once a Month	
3-307-2	FREE	11/14	Tues.	9:30-10:30 am	Once a Month	
3-307-3	FREE	12/12	Tues.	9:30-10:30 am	Once a Month	
3-307-4	FREE	01/09	Tues.	9:30-10:30 am	Once a Month	
3-307-5	FREE	02/13	Tues.	9:30-10:30 am	Once a Month	
3-307-6	FREE	03/13	Tues.	9:30-10:30 am	Once a Month	
3-307-7	FREE	04/10	Tues.	9:30-10:30 am	Once a Month	

## Walk Indiana For Senior Health (WISH)

Walk for enjoyment or a challenge. Choose a location on your Indiana map and we will help chart your progress from start to finish. Also receive a Walkers In Motion T-shirt. Registration Deadlines: 2006: 10/25; 2007: 01/10, 03/07, 04/25



Fee						
Code	R/NR	Starts	Days	Time	Duration	
3-305-3	\$20/\$25	11/01	Wed. & Fri.	9:00-10:00 am	6 Weeks	
3-305-4	\$20/\$25	01/17	Wed. & Fri.	9:00-10:00 am	6 Weeks	
3-305-5	\$20/\$25	03/14	Wed. & Fri.	9:00-10:00 am	6 Weeks	
3-305-6	\$20/\$25	05/02	Wed. & Fri.	9:00-10:00 am	6 Weeks	

## NEW Yoga

### Ages: 50 + Years

Yoga is simple, gentle and easy to do. Yoga is universal; everyone can do it whether you are eight or eighty. Our program will introduce stretching and breathing exercises with standing, sitting and lying down postures. Yoga is a complete exercise program, which creates a balance of the body, mind, and spirit. This program works on every part of your body including the massaging and stimulation of internal organs. Yoga can improve many health risks; obesity, nervousness, anxiety, fatigue, mental clarity, and circulation. Your body will relax and enjoy the relief from tension and anxiety that you face in our everyday lives. Our goal is for you to learn breathing techniques along with proper alignment to create a healthier and happier you.



We are offering two yoga classes. The morning class is **FREE** for Merrillville residents age 50 and above only. Non-residents and people younger than 50 will be charged a fee.

### Morning

Fee						
Code	R/NR	Starts	Days	Time	Duration	
3-402-1	\$20/\$25	10/05	Thurs.	9:30-10:30 a.m.	5 Weeks	
3-402-2	\$20/\$25	11/09	Thurs.	9:30-10:30 a.m.	5 Weeks	
3-402-3	\$20/\$25	01/11	Thurs.	9:30-10:30 a.m.	5 Weeks	
3-402-4	\$20/\$25	02/15	Thurs.	9:30-10:30 a.m.	5 Weeks	
3-402-5	\$20/\$25	03/22	Thurs.	9:30-10:30 a.m.	5 Weeks	
3-402-6	\$20/\$25	04/26	Thurs.	9:30-10:30 a.m.	5 Weeks	

Registration Deadlines: 2006: 09/28, 11/02; 2007: 01/04, 02/08, 03/15, 04/19

### Evening

Fee						
Code	R/NR	Starts	Days	Time	Duration	
3-311-1	\$50/\$60	10/03	Tues.	6:30-7:45 p.m.	5 Weeks	
3-311-2	\$50/\$60	11/14	Tues.	6:30-7:45 p.m.	5 Weeks	
3-311-3	\$50/\$60	01/23	Tues.	6:30-7:45 p.m.	5 Weeks	
3-311-4	\$50/\$60	03/06	Tues.	6:30-7:45 p.m.	5 Weeks	
3-311-5	\$50/\$60	04/17	Tues.	6:30-7:45 p.m.	5 Weeks	

Registration Deadlines: 2006: 09/26, 11/08; 2007: 01/16, 02/27, 04/10



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## Health Seminars

Receive information from health professionals to discuss an array of wellness topics for adults on the go. Lecture/demonstrations will last thirty minutes to one hour and are **FREE** to the public. Come to one or come to all but, please R.S.V.P. your seat one week in advance. Space is limited. Co-Sponsored by Internal Medicine of NW Indiana, Adarna Home Health Care Services, Inc. and Old Country Buffet. Registration Deadlines: 2006: 09/21,10/19, 11/08, 11/22; 2007: 01/18, 02/15, 03/22, 04/19, 05/24



Code	Starts	Days	Time
Diabetes & You	09/28	Thurs.	9:00 a.m.
Controlling Your Blood Pressure	10/26	Thurs.	9:00 a.m.
Adarna Cholesterol & Blood Sugar Screening	11/14	Tues.	9:00 a.m.
Why are Cholesterol Levels Important ?	11/30	Thurs.	9:00 a.m.
Weight Management	01/25	Thurs.	9:00 a.m.
Stress Management	02/22	Thurs.	9:00 a.m.
What is Congestive Heart Failure?	03/29	Thurs.	9:00 a.m.
Osteoporosis	04/26	Thurs.	9:00 a.m.
Importance of Regular Check-ups	05/31	Thurs.	9:00 a.m.

## Insurance & Medications

Vyto's Pharmacy, an independently owned and operated pharmacy, offer services designed with the community and their customers in mind. The customers' overall well being, satisfaction with product purchased, and peace of mind are the measurements of their success. They will present two **FREE** seminars for 2007.



Code	Starts	Days	Time
Medicare, Medicaid & Private Insurance Billing	01/09	Tues.	9:00 a.m.
Compounded Medications	04/10	Tues.	9:00 a.m.

## Health Screening

Adarna Home Health Care Services will do **FREE** cholesterol and blood sugar screenings. To insure accurate results, fasting is required 8 - 10 hours before your test. Light refreshments will be available after your test is complete.

Code	Starts	Days	Time
Cholesterol & Blood Sugar Screening	11/14	Tues.	9:00 a.m.

## **NEW** Jazz Exercise (Class Cancelled)

This new program, full of rhythm, passion and fun, incorporates jazz dance with exercise and dance to routines characterized by the use of improvisation using different musical selections. (Class Cancelled)



Code	Fee R/NR	Starts	Days	Time	Duration
3-310-1	\$40/\$45	10/26	Thurs.	7:00-8:00 p.m.	6 Weeks
3-310-2	\$40/\$45	01/11	Thurs.	7:00-8:00 p.m.	6 Weeks
3-310-3	\$40/\$45	03/01	Thurs.	7:00-8:00 p.m.	6 Weeks
3-310-4	\$40/\$45	04/19	Thurs.	7:00-8:00 p.m.	6 Weeks

## Needlecrafts



Learn to do any type of needlecraft. Class participants work individually on their own projects. Instructor available to assist. This class is for beginners or advanced students. Please bring your own supplies. Registration Deadlines: 2006: 11/06; 2007: 01/15, 03/05, 04/16.

**Knitting**-size 8 knitting needle & 4 ply knitting yarn.

**Crochet**-size G hook & 4 ply knitting yarn.

**Needlepoint**-plastic canvas (7 per-inch) & yarn, needle with large eye.

**Tatting**-tatting thread size 8. Needles for tatting can be purchased at local craft stores.

Code	Fee R/NR	Starts	Days	Time	Duration
3-308-4	\$5/\$10	11/13	Mon.	10:00 am-12:00 pm	6 Weeks
3-308-5	\$5/\$10	01/22	Mon.	10:00 am-12:00 pm	6 Weeks
3-308-6	\$5/\$10	03/12	Mon.	10:00 am-12:00 pm	6 Weeks
3-308-7	\$5/\$10	04/23	Mon.	10:00 am-12:00 pm	6 Weeks

## Scrapbooking

Learn to display your pictures creatively and protect them at the same time. This class is for beginners or experienced scrapbookers. A consultant will be available for advice and have materials to purchase. There will be a free take home project for each participant. Non-alcoholic drinks and snacks are provided. Deadline to register 10/20.



Code	Fee R/NR	Starts	Days	Time	Duration
3-309-1	\$20/\$25	10/28	Sat.	1:00-6:00 p.m.	1 Class

## Pinochle

This is a social card group for Merrillville residents 50 and over. This is a great opportunity to meet new people and enjoy a game of cards. Please call the office for more information. (219) 980-5911.

Code	Fee R/NR	Starts	Days	Time	Duration
3-401-1	FREE		Mon.	12:30-2:30 pm	On Going





# Merrillville/Ross Township Veteran's Memorial



You may be searching for that perfect birthday or anniversary gift for a family member or friend. Perhaps you wish to remember a special someone with a lasting gift. The Merrillville/Ross Township Veterans Memorial Commemorative Brick Program offers that opportunity to remember a loved one.

For a contribution of \$50, a special brick will be engraved with the name of your choice. The engraved brick will be placed at the Veterans Memorial Plaza.

This gift is a wonderful way to provide a lasting token of your appreciation for your local veterans while contributing to the future of the memorial site.

For more information about the Commemorative Brick Program or other tribute gift opportunities, please contact The Merrillville/Ross Township Veterans Memorial Committee at:

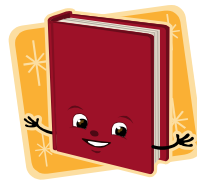
(219) 981-2841  
(219) 313-8849  
(219) 980-0142  
(219) 313-8379

Or by e-mail [vetmemorial@townofmerrillville.com](mailto:vetmemorial@townofmerrillville.com)

*The Merrillville Parks & Recreation Department has established a tax deductible [501 (c) (3)] Fund with the Legacy Foundation to provide support for this project. Payable to: Legacy Foundation - Merrillville-Ross Veterans Memorial Fund.*

*Mail to: Legacy Foundation, Inc.  
1000 East 80th Place South Tower - 302 Merrillville, IN 46410*

# The Eager Reader Award



*Sponsored by:  
Merrillville Parks & Recreation  
and  
Old Country Buffet*

This program is designed to motivate students 5 - 12 years of ages to read.

**Registration is FREE**

- Register at Parks and Recreation office.

2006: 10/06-12/15; 2007: 01/07-05/07

- Turn in your signed reading log.
- Upon completion receive "The Eager Reader Award" presented by Old Country Buffet and also receive a pass for a complimentary meal.



Merrillville Parks & Recreation

5750 Tyler Place  
Merrillville, IN 46410  
219.980.5911 219.980.0928 Fax  
[www.townofmerrillville.com](http://www.townofmerrillville.com)

## Gift Certificates

Looking for a great gift? Try our new gift certificates available for purchase in any amount towards many of our programs.



## Medical Insurance



Individual medical insurance is NOT provided by the Parks & Recreation Department. Individuals are responsible for their own medical costs arising from injuries while participating in Parks & Recreation activities.

## Refund Policy

If the Merrillville Parks & Recreation Department cancels the program, program fees are refundable. Credits are given for doctor substantiated reasons and then only for the portion of fees unused after written notification from your physician. Due to "acts of God" classes may have to be cancelled. Every effort will be made to hold a make-up class or issue a credit. There will be no make-up classes for participants who may have scheduling conflicts such as sports, vacations, or other conflicts.



The original receipt and the refund request form must accompany any request for a refund. If you are unable to find your original receipt, a copy of your cancelled check or a refund affidavit form will be accepted. Both the refund request and refund affidavit forms are available at the Pruzin Center, 5750 Tyler Place.

## Dress Code

Garments that have pictures and/or writing that are vulgar, suggestive, indecent or otherwise offensive or that allude to drugs, alcoholic drinks or gang involvement are not permitted. Wearing of inappropriate head attire is not permitted. Individuals are not permitted to dress in a manner that will substantially disrupt the mission of the Merrillville Parks & Recreation Department, which is unsafe, or which represents a health hazard. Failure to adhere to the above dress code will result in loss of participation in any Merrillville Parks & Recreation activities.



## Photo Policy



On occasion, the Town of Merrillville staff may take photos or video of participants in programs and events or people in our parks. Please be aware that these may be used in future publications, on the Town website, or for local public access. Also, we welcome the local press to cover our activities and grant them permission for the same.



**VOLUNTEER  
CALLOUT**

## Friends of Parks and Recreation

Volunteers are essential to the continued growth and success of Merrillville Parks and Recreation programs and services. By assisting in various programs, activities, and events, volunteers help maintain high quality community recreation and park services in the Town of Merrillville. If you are interested in making a difference in your community, call (219) 980-5911 today!



## Seniors and Youth In Motion

The 4 Community Health Project is a collaboration between Lake Area United Way, United Way of Porter County and United Way of LaPorte County in partnership with HealthVisions Midwest and ten Northwest Indiana non-profit agencies to address the growing epidemic of obesity and related diseases. Funded in part by a grant from the Lily Endowment through the Indiana Association of United Way Agencies, this project has provided a variety of opportunities to region residents including fitness curriculum in schools, programs for young people, family education programs, activities for seniors, and a wellness program for adults. GRANTS, Inc. and the Center for Regional Excellence have partnered through the Indiana University Northwest Non-profit Institute to develop sustainability plans for these programs.



Lake, LaPorte, Porter



The Merrillville Parks and Recreation Department and the Merrillville Boys and Girls Club have joined together to serve two diverse populations, seniors and youth, with the ultimate goal of changing attitudes and habits toward health, fitness and nutrition.

As a 2005 grant award recipient of the 4 Community Health Project, the Seniors and Youth In Motion program had notable successes and was awarded funding for 2006 to continue the dynamic program of increasing the number of adults and middle school girls who participate in regular physical activities, expanding their knowledge of health and fitness, and modifying eating habits.

# Registration Form

There are two ways to register:

- In Person:** visit the Customer Service Center at the Pruzin Community Center, 5750 Tyler Place, 8:30 a.m. to 4:30 p.m. Monday-Friday.
- Mail:** Fill out the registration form in the Merrillville Parks and Recreation Brochure (make checks payable to Merrillville Parks and Recreation) and mail to Merrillville Parks and Recreation. 5750 Tyler Place, Merrillville, IN 46410. Include a self-addressed stamped envelope if you would like your receipt mailed. Otherwise, it will be presented to you the first day of class.

Please Print

Parent or Guardian Name: \_\_\_\_\_ Daytime Telephone: \_\_\_\_\_

Address: \_\_\_\_\_ Evening Telephone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Email Address: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Doctor Name and Address: \_\_\_\_\_ Telephone: \_\_\_\_\_

Medical Conditions and or Allergies Please Explain: \_\_\_\_\_

Participant's First Name	Participant's Last Name	Program	Program Code No.	Birthday MM/DD/YY	Sex	Fee
						\$
						\$
						\$
						\$
						\$
						Total \$

Receipt Number \_\_\_\_\_

Waiver of Release

The participant for himself, herself, and as authorized representative of a spouse, or as a parent for and minor child, HEREBY AGREES TO RELEASE the Town of Merrillville, Indiana, Merrillville Parks and Recreation and its council, board members, employees, agents, and independent contractors, from any injuries and/or damages sustained by the participants, spouse, or minor child, in connection with the activity described above, or any transportation to or from, resulting from the NEGLIGENCE, in whole or in part of the parties hereby released.

Signature \_\_\_\_\_ Date \_\_\_\_\_



Programs listed in our  
**Fall/Winter** program guide  
includes activities offered by the  
Parks and Recreation Department  
from **October 2006 to April 2007**.

**LOOK** for the next printing of our  
**Spring/Summer 2007** program guide  
to be released in mid **April 2007**.

The Parks and Recreation Department  
adds new programs and activities between  
program guide print dates.

**STAY TUNED**

to our website  
[www.townofmerrillville.com](http://www.townofmerrillville.com),  
the local newspaper or  
call our office at 980-5911.